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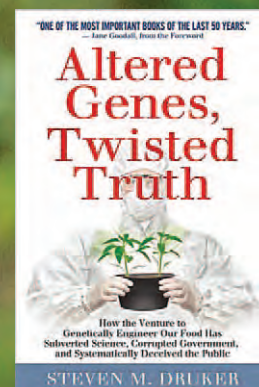
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common ground

FREE MAGAZINE



GMOs ARE FRAUD

Jane Goodall

Your inner guru

Cookin' up a storm

Healthy sunscreens

Care for your kidneys

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*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

Altered Genes, Twisted Truth



a Foreword by Jane Goodall

trust the new foods yet GE crops have spread throughout North America and several other parts of the world. How has this come about? The answer to that question is to be found in Steven Druker's meticulously researched book. Several years in the making, it is a fascinating, if chilling, story.

I did not realize what a formidable task the bioengineers faced as they struggled to introduce new genes into a variety of agricultural crops. Their intent was to make them produce toxins that would deter insect pests, or enable them to resist herbicides, and so on. A major challenge was the need to overcome the various defensive mechanisms of the plants themselves, which did their best to repel the alien material. Another was to compel the foreign genes to function in a new cellular environment where they would ordinarily remain dormant. It is a testament to human persistence and ingenuity that the scientists finally succeeded!

But the reconfigured plants they eventually created were, as Druker explains in engaging detail, different in a variety of ways from their parents and, from the outset, many qualified scientists expressed concerns about the safety of the new crops for both the environment and human and animal health. He further demonstrates that this very real difference between GE plants and their conventional counterparts is one of the basic truths that biotech proponents have endeavoured to obscure. As part of the process, they portrayed the various concerns as merely the ignorant opinions of misinformed individuals – and derided them as not only unscientific, but anti-science. They then set to work to convince the public and government officials, through the dissemination of false information, that there was an overwhelming expert consensus, based on solid evidence, that the new foods were safe. Yet this, as Druker points out, was clearly not true.

As the chapters progress, we read how the advocates of genetic engineering have steadfastly maintained that the crops created by this radical technology are essentially similar to those from which they have been derived, that the process is splendidly exact and that GE foods, therefore, are if anything *safer* than their traditionally bred 'parents' – when in fact, there's significant dissimilarity, the process is far from exact and the risks are greater, especially the risk of creating unexpected toxins that are difficult to detect.

Druker describes how amazingly successful the biotech lobby has been – and the extent to which the general public and government decision makers have been hoodwinked by the clever and methodical twisting of the facts and the propagation of many myths. Moreover, it

continued p.5...

About Steven Druker and Jane Goodall



Steven Druker is the author of *Altered Genes, Twisted Truth*. He is a public interest attorney and founder of the Alliance for Bio-Integrity (www.biointegrity.org), a non-profit organization dedicated to promoting technologies that foster human and environmental health and addressing the problems of those that do not. As executive director of the Alliance, he organized a lawsuit against the US Food and Drug Administration (FDA) that forced it to divulge its files on genetically engineered (GE) foods. This revealed that politically appointed administrators had covered up the extensive warnings of their own scientists about the unusual risks of these foods, lied about the facts and then ushered these novel products onto the market in violation of explicit mandates of federal food safety law.

Jane Goodall, Ph.D. DBE (www.jane-goodall.org), authored the foreword in *Altered Genes, Twisted Truth*. She is an English primatologist, ethologist, anthropologist, author and UN Messenger of Peace. Considered to be the world's foremost expert on chimpanzees, Goodall is best known for her 55-year study of social and family interactions of wild chimpanzees in Gombe Stream National Park, Tanzania. She is the founder of the Jane Goodall Institute and the Roots & Shoots program and she has worked extensively on conservation and animal welfare issues.

Druker has, without doubt, written one of the most important books of the last 50 years and I shall urge everyone I know who cares about life on Earth and the future of their children, and children's children, to read it. It will go a long way toward dispelling the confusion regarding genetic engineering.

I well remember how horrified I felt when I learned that scientists had succeeded in reconfiguring the genetics of plants and animals. The first genetically engineered (GE) plants were created in the 1980s, but I did not hear about them until the 1990s when they were first commercialized. It seemed a shocking corruption of the life forms of the planet and it was not surprising that many people were as appalled as I was – and that these altered organisms became known as 'Frankenfoods.'

In fact, there were good science-based reasons to mis-

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Photo by Richard Ladhani www.richardladhani.com

On Common Ground

Jane Goodall declared *Altered Genes, Twisted Truth* "one of the most important books of the last 50 years." It is a game-changer as was Rachael Carson's book *Silent Spring* which inspired a whole generation of environmentalist, including David Suzuki. Suzuki's new book *Letters to My Grandchildren* says, "All over the world, local citizens and communities are standing up to protect their ecological, social and economic interests against these invading entities that behave like thugs..." We are not alone. *This Earth Is Ours: 30 Organic Years Along Nature's*

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Path written by Gurdeep Stephens tells the story of their multigenerational family and friends which included my brother David Roberts. These unsung heroes collectively served by educating millions about the benefits of organic food, enriching the soil, and, warning us about their opposites: deceptive toxic GMOs.

So it is fitting that *Common Ground's* two covers are graced by Jane Goodall and Arran Stephens of *Nature's Path*, two courageous creatives, protectors of animals, peace and planet. Thank you.

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appears that a number of respected scientific institutions, as well as many eminent scientists, were complicit in this relentless spreading of disinformation.

Chapter 5 shows how the key step in the commercialization of GE foods occurred through the unbelievably poor judgment – if not downright corruption – of the US Food and Drug Administration (the FDA). This regulatory body is supposed to ensure that new additives to foods are safe before they come to market and it had a responsibility to require that GE foods were proven safe through standard scientific testing. But the information that Druker pried from the agency's files through a lawsuit revealed that it apparently ignored (and covered up) the concerns of its own scientists and then violated a federal statute and its own regulations by permitting GE foods to be marketed without any testing whatsoever. The evidence further shows how the agency assured consumers that GE foods are just as safe as naturally produced ones – and that their safety has been confirmed by solid scientific evidence – despite the fact it knew that no such evidence existed.

Druker makes the case that it was this fraud that truly enabled the GE food venture to take off. And he asserts that the fraud continues to deceive the public and Congress, despite the fact that the lawsuit he initiated thoroughly exposed it. His description of the proceedings surrounding this lawsuit was, to me, one of the most astounding and chilling parts of the book.

And what of the role of the media? How have the American public been so largely kept in the dark about the realities of GE foods – to the extent that, until quite recently, a vast majority of the populace did not even know they were regularly consuming them? Druker describes, in Chapter 8, how the mainstream media have been highly selective in what they report – and have consistently failed to convey information that would cause concern about these engineered products. Moreover, Druker demonstrates that the policies imposed by the media magnates have been, in his words, “not merely selective, but suppressive.” And he relates several dramatic incidents in which journalists who tried to bring unsettling facts to light had their stories altered or totally quashed by higher-level executives. So it is not surprising that the American public, and a good many key decision makers, believe that there are no legitimate concerns regarding GE foods.

I am personally grateful to Steven Druker for writing this book. It has been a monumental task and reflects the passionate desire of a man with a true scientific spirit to reveal, as precisely as possible, the truth behind the misrepresentations of the truth. Nonetheless, despite its integrity, *Altered Genes, Twisted Truth* can be expected to meet fierce criticism from those who promote the GE food ven-

ture and like all who attempt to disclose the venture's underside, its author will probably be attacked and branded as anti-science and anti-progress. *But* it seems to me that it is not those who point to the problems of the venture who are anti-science; it is quite the other way around. Nevertheless, Druker will almost surely be subjected to the same sort of criticisms as those levelled against Rachel Carson when she published *Silent Spring* in 1962.

I think it is important that you read this book carefully, assessing for yourself how firmly it is grounded in fact and logic. You may well come to the same conclusion as I have: that Steven Druker is upholding the tradition of good science. Then

read some of the books and articles written by pro-GE scientists – especially some of those by prominent biologists – and you may well decide that their standards often fall significantly short of his.

In fact, he points out several instances in which it appears that such publications are downright deceptive, not only portraying genetic engineering in a misleading manner, but even misrepresenting some basic features of biology. Further, although these scientists may genuinely believe that GE foods are the solution for world hunger, it appears that

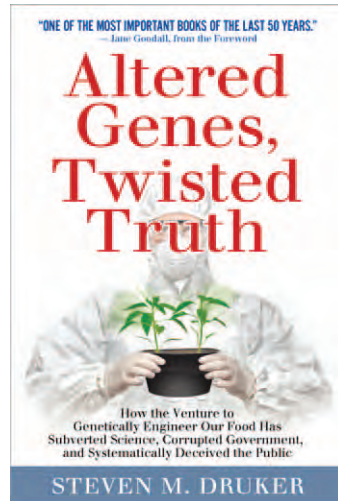
many of them have vastly overestimated the benefits of these foods – and that even *if* these products did *not* entail higher risks, it's doubtful they could significantly reduce malnutrition or solve any major problems of agriculture.

Although this book tells a story that's in many ways distressing, it's important that it has finally been told because so much confusion has been spread and so many important decision makers have apparently been deluded. Fortunately, the final chapter shows how the story can have a happy ending and it clearly points the way toward realistic and sustainable solutions that do not involve genetic engineering. Thus, just as my own books aim to instill hope, this book is ultimately a hope-inspiring one too. For it describes not only some of the mistakes that we have made but how they can be rectified in creative and life-supporting ways.

Druker has, without doubt, written one of the most important books of the last 50 years and I shall urge everyone I know, who cares about life on Earth and the future of their children, and children's children, to read it. It will go a long way toward dispelling the confusion and delusion that has been created regarding the genetic engineering process and the foods it creates.

To me, Steven Druker is a hero. He deserves at least a Nobel Prize. ■

Reprinted from *Altered Genes, Twisted Truth: Foreword*
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Druker's challenge to Monsanto

Steven Druker has hurled a bold challenge at Monsanto, demanding it try to find any inaccurate statements of fact in the new book he has written – *Altered Genes, Twisted Truth* – exposing the substantial risks of genetically engineered foods (GE foods, GM foods, GMOs) and the multiple misrepresentations that have enabled them to permeate world markets. He asserts that if the company cannot prove his book is essentially erroneous, it will entail that these controversial products are unacceptably risky and should be promptly banned.

The book and the challenge were delivered to Robb Fraley, Monsanto's Chief Technology Officer, on May 20 at the company's St. Louis headquarters. Fraley previously sent Dr. Goodall an email attempting to soothe her concerns about GE foods, declaring he would be “very pleased” to provide additional information. She passed that email on to Druker so he could respond as he saw fit, resulting in the challenge, which stipulates that the additional information comprise a list of every inaccurate assertion of fact that Fraley and his colleagues can find in the book, along with a citation to evidence that conclusively confirms its erroneousness.

Druker has also invited other proponents of GE foods in industry and academia to assist Monsanto so that the response it submits will represent the best collective effort of the products' supporters. He has allotted them two months and set a deadline of July 20.

He asserts, “If by that date, Monsanto and its allies have not been able to refute the essential factual accuracy of *Altered Genes, Twisted Truth*, the world will have a right to assume that it is as sound as the experts who reviewed it have affirmed and to conclude that the GE food venture is a reckless gamble that must be quickly brought to an end.”

In his challenge, Druker pledges to publicly acknowledge any genuine errors that Monsanto can demonstrate and to correct them in the book's next printing. Moreover, he demands that Monsanto display reciprocal responsibility. The challenge notes that a Monsanto brochure sent by Fraley to Dr. Goodall contains several misleading statements and it decisively demonstrates the falsity of two of the biggest deceptions: the claims (a) that “every respected organization that has examined the evidence” has concluded that GE foods are safe and (b) that “there have been no documented safety issues.” Further, it insists that Monsanto promptly acknowledge the misrepresentations and set the record straight.

Druker asserts, “The proponents of GE foods have been passing off disinformation as scientific fact and my challenge can restore the truth.” As the challenge declares, “Monsanto and its allies have been propagating a distinctly different set of facts than are delineated in *Altered Genes, Twisted Truth*. Both versions of reality cannot be correct and people have a right to know which one is valid and which is fictitious.”

See the challenge at:

[http://alteredgenestwistedtruth.com/
challenge-to-monsanto/](http://alteredgenestwistedtruth.com/challenge-to-monsanto/)

It is also available at www.biointegrity.org ■

Caring for your kidneys



Nutrition for your kidneys

by Jennifer Papaconstantinou

Keeping our kidneys healthy and functioning optimally is imperative for optimum health. What many don't know is the role the kidneys play in overall health and function. The kidneys are responsible for many biological functions in the human body such as:

Filtering the blood: the kidneys filter 120-150 quarts of blood and produce 1-2 quarts of urine, a metabolic by-product. They are therefore considered key detoxification organs.

Activating vitamin D: the kidneys are responsible for the activation of this key steroid hormone used by every cell, tissue and organ in the body.

Managing the production of red blood cells through a hormone called erythropoietin.

Fluid balance: kidneys manage electrolyte balance and the mineral balance of body tissues and blood as well as fluid balance.

Balancing blood pressure: fluctuations of either too high or too low blood pressure could be an indicator the kidneys need some care.

The single most important macronutrient for kidney health is drinking sufficient amounts of water. A lack of understanding in the difference between various beverages can be damaging to these vital organs. Diuretic-

type beverages such as coffee, tea, alcohol and even juices are taxing to the kidneys. Managing tissue pH or acid/alkaline balance is another important factor in kidney health; pH stands for potential of hydrogen and is essentially a measure of mineral reserve in the body. The best indicator for this important factor is to measure one's first morning urine with litmus paper (pH strips); an optimal pH will be a reading of somewhere between 6.4 - 7.0 on the scale.

Holistic kidney health

Maintain an alkaline diet (80/20 rule): most of your daily diet should come from alkaline-forming foods. Keep in mind this is the net effect the food has on the body upon consumption, not the pH of the food outside the body. For instance, a tomato is considered an acidic-type food but, upon digestion, is alkaline-forming to the body (mineral-rich).

Water: a general guideline is to consume one half of your body weight in ounces per day. Water must be filtered and clean; if you don't filter it, your kidneys will. Add lemon for taste and a mineral kick.

Dark-green, leafy foods such as parsley, kale, collards, dandelion and grasses are alkaline, mineral rich and very high in silicon, a kidney-strengthening mineral.

Keeping the kidneys functioning will help maintain the body's proper function and overall health. ◀

Jennifer Papaconstantinou (CNP, NNCP) is a certified nutritional practitioner through the Institute of Holistic Nutrition

Three perspectives

and the founder of H.E.A.L. Naturally Holistic Health, a nutritional consulting practice. www.edisoninst.com, www.healnaturally.ca

The Ayurveda way

by Jaisri M. Lambert

The topic of Ayurveda and kidney health brings together questions and answers (Prashna or enquiry) in a most interesting way. In ancient Ayurveda – the world's oldest holistic health science – there are avoidances and pro-active choices to consider.

Avoidances include the all-important non-suppression of natural urges because if urine is suppressed, the kidneys can become quickly stressed and if the practice becomes systemic, disease symptoms can occur. Avoidance of coffee is also important because coffee's properties can disturb the tri-dosha, or triple-humour theory of Ayurveda: 1) vata (air dominant); 2) pitta (fire dominant); 3) kapha (water dominant). The medical scriptures also cite avoidance of frights, over-talking, bad news, working or standing about during the menses, working for one's livelihood beyond half of one's capacity, sleeping during the day or sleeping late and cold (over-exposure) pelvis and legs.

Pro-active choices to help nourish the kidneys include an early bedtime (9-10PM) and meditation as the winding-down practice of choice. Yoga Nidra can be used if you cannot sit comfortably with a straight back. An empty mind carries no stress and allows the life force to repair organs and tissues. If the mind is active or fearful, more meditation time is suggested. Through a regular practice at the same time each evening, the mind is trained as the servant and no longer the master. Soon, awareness is restored as well as self-care.

Also helpful are pranayama (breathing) practices to support specific thermal effects. If the kidneys are weak due to heat, close the right nostril and breathe from the left (cooling) side. If the kidneys and adrenals are weak due to cold, close the left nostril and breathe from the right (warming) side. Pranayama practices are done on an empty stomach and can help to settle the mind before meditation.

Herbal supplements are individually suggested because the properties of an herb or supplement may or may not suit the unique needs of the circumstances. If the depletion is due to Vata dosha, consider licorice tea. If the weakness is due to Pitta dosha, consider a tea of equal amounts of cumin, coriander and fennel seeds. If the symptoms are due to Kapha dosha such as cysts or stones, use barley water tea. Self-massage is also a most helpful, restorative and nourishing practice when performed skilfully.

This article is not intended to diagnose any disease. Please consult your health care provider if you are experiencing symptoms such as fatigue, dark circles under the eyes or generalized low back pain. ▶

Jaisri Lambert is an Ayurvedic practitioner and consultant. www.ayurveda-seminars.com


Kidney health and Traditional Chinese Medicine

by Catherine Cameron

A successful life must root, shoot, flower and fruit. Traditional Chinese Medicine has a long history of working to prolong life and health including fertility and eggs and sperm – so pay attention, future daddies, to nourishing your kidneys. The kidney relates to winter and to forming a deep root, not only for our current health, but to pass on to our children. When kidney energy is split and passed by the eggs and sperm to the baby, the baby receives a lifelong warehouse of health, strength and stamina.

Strong kidney energy requires eating well and on-time, working and exercising without exhaustion, going to bed and falling asleep by 11PM and getting enough sex without overdoing it. You will know you need to pay attention when you feel tired, stressed out, your low back is sore, your legs are weak, you urinate frequently through the night, you feel overwhelmed or dizzy and you have too much or too little interest in sex.

Eat foods that are warming – mostly root vegetables cooked slowly for a long time and carefully salted. Kidney-shaped beans support the kidney as well as pork and egg in reasonable amounts. Kidney-shaped nuts – Brazil, cashew and pistachio – are also helpful. Dark-coloured foods – particularly black or dark blue like black beans, silkie chickens, black sesame, black kale or black walnut – are very nourishing. Warming herbs like ginger, cinnamon, clove, fenugreek and black pepper and chives are indirectly beneficial to the kidney by keeping the digestive system warm and working well. The kidney system includes the brain, bone and marrow; nuts like walnut are eaten by the very old and young, as they resemble crenulated brains and protect the shrinking brains of the elderly and the growing brains of children.

Be active when the sun is up and rest when the moon is high and you will have started on your journey to nourishing the kidney. 

Catherine Cameron is a doctor of Traditional Chinese Medicine at the International College of Traditional Chinese Medicine, www.tcmcollege.com

GMO BITES

GM crops wreak havoc with ecosystems and health

by Lucy Sharratt

GMO Inquiry 2015 is proceeding and has now investigated the environmental impacts of genetically modified organisms (GMOs). Genetically modified – GM, also called genetically engineered – crops have been a 20-year open-air experiment in Canada.

Most of the GM crops grown in Canada are herbicide-tolerant and the rest are insect-resistant; some are both. Growing these crops has had consequences for our environment that are now documented in Canada for the first time.

The widespread cultivation of GM herbicide-tolerant crops has pushed up the use of herbicides in Canada, as well as in other countries. Glyphosate-tolerant crops, in particular, have driven up the use of glyphosate-based herbicides. In its latest GMO inquiry report, *Are GM Crops Better for the Environment?*, CBAN found the following: Herbicide sales in Canada rose by 130% between 1994 and 2010 – from 21.9 million kilograms to 50.3 million kilograms. Glyphosate is the top herbicide ingredient sold in Canada, followed by 2,4-D and glufosinate ammonium. Glyphosate use tripled between 2005 and 2011.

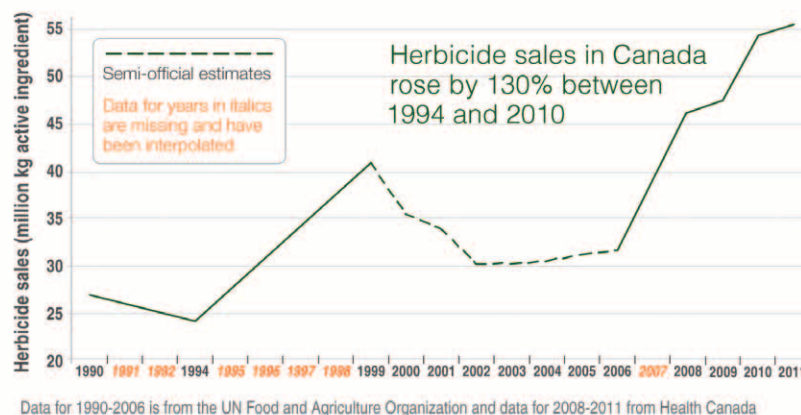
The use of specific herbicides on GM herbicide-tolerant crops has caused herbicide-resistant weeds – weeds that can no longer be killed by certain herbicides – to evolve and spread. Canada now has five species of glyphosate-resistant weeds, on more than one million acres of farmland. To deal with these “superweeds,” companies have genetically engineered crops to tolerate the older herbicides 2,4-D (Dow AgroSciences) and dicamba (Monsanto). But these GM crops will further increase herbicide use and lead to the spread of weeds resistant to these chemicals.

GM crops were launched with a promise to reduce pesticide use, but they have clearly sped up the pesticide treadmill instead. And companies have no intention of jumping off while they still have a market

for their seeds and agrochemicals. Monsanto, the largest seed company in the world, is now trying to buy Syngenta, the largest pesticides company in the world. Monsanto sells its glyphosate-based herbicide “Roundup,” but needs to sell more

the use of insecticides in the US, these GM plants themselves produce a toxin and some insects are now becoming resistant to the Bt toxin. More commonly now, companies are combining different Bt toxins together in the same plant, exposing soil

Herbicide Sales in Canada 1990-2011



chemicals to help deal with glyphosate-resistant weeds.

The environmental and human health consequences of industrial agriculture are escalating with GM crops. In particular, glyphosate used on GM glyphosate-tolerant crops has reduced

Monsanto, the largest seed company in the world, is now trying to buy Syngenta, the largest pesticides company in the world.


milkweed in the US, leading to a 90% decline in monarch butterflies. In South America, the use of glyphosate on GM soy is responsible for widespread serious human health impacts.

Although GM herbicide-tolerant crops predominate, plants genetically engineered to be toxic to certain pests are also grown. And while insect resistant (Bt) crops have reduced

microorganisms and other insects to higher levels of the toxins.

Releasing GMOs is, literally, one big open-air experiment because laboratory studies cannot predict all the possible environmental impacts. Over the past 20 years, some genetic material from GM crops has mixed with non-GM crops. This GM contamination can be impossible to reverse and poses a threat to non-GM crops and wild and weedy crop relatives, as well as to the future of organic farming, which prohibits GMOs.

Future risks from GM crops, trees and animals may look quite different from our current reality as new organisms with new GM traits are introduced into our environment and food system. These GM crops, trees and animals all pose new, unique risks that are hard to predict.

The full report and its summary pamphlet is available at www.gmoenquiry.ca/environment 

Lucy Sharratt is the coordinator at Canadian Biotechnology Action Network, www.cban.ca



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Yogacharini Maitreyi is in Vancouver in the summers. She has trained, corporations, spoken at conferences and done seva across many countries. Originally from India she was given titles like Yoga Chemmal (expert), Yogacharini (guide) and Yogashiromani (gem) since 1997. She also runs ARKAYA Foundation for children living in slums.

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NEWSBITES

No patents on seeds

“Act now – save the future of our food!” The coalition of No Patents on Seeds! has published an international call to European governments to stop patents on plants and animals. They are warning that international corporations such as Monsanto are taking more and more control of resources needed for food production. As recent research shows, the European Patent Office (EPO) is about to grant 30 patents on plants derived from conventional breeding to Monsanto and its affiliated companies. The Swiss company Syngenta can expect to receive around a dozen patents very soon. Many of the patents claim vegetables such as tomatoes, peppers, cauliflower, carrots and lettuce.

Currently, there are signs that Syngenta might be taken over by the US company Monsanto. This would unite the pending patent applications as well as several hundred granted patents on plants already held by one of the corporations. Consequently, Monsanto stands to substantially strengthen its predominant global market position and would be able to control the resources needed for food production in Europe to an unprecedented extent. Patents granted by the EPO very often cover the whole chain of food production such as seeds, plants and the fruits.

At the end of March, the Enlarged Board of Appeal of the EPO confirmed an unacceptable interpretation of the current European patent law. While processes for conventional breeding cannot be patented, plants and animals stemming from these processes are regarded as patentable. This is not only contradictory in itself; it also undermines the prohibitions in European patent law. According to the European Patent Convention (EPC), patents on plant and animal varieties as well as on essentially biological processes for breeding are prohibited. This decision of the Enlarged Board of Appeal is binding for all similar patent applications, such as the ones soon to be granted to Monsanto and Syngenta.

“Farmers, food producers and consumers will be severely impacted by the negative consequences. Patents on plants and animals give corporations the power to decide what is grown in the fields and which price we all have to pay for it,” says Christoph Then for No Patents on Seeds! “European governments now have

to come forward to protect the interests of the general public against those of patent lobbyists and multinational companies.”

The coalition of No Patents on Seeds! demands that European governments take an active role in strengthening the prohibitions in European Patent Law by chang-

ing the rules of interpretation in current patent law. National laws such as those in Germany and the Netherlands already prohibit patents on plants and animals derived from conventional breeding. Other countries could follow this example right away and go even further. In a next

step, the text of European Patent laws should be changed to exclude all breeding processes and breeding material, breeding traits, genetic resources plants and animals as well as food derived thereof from patentability. **K**

Source: <http://www.gmwatch.eu/>

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Nutrispeak Vesanto Melina

HEALTH



EatGoGrow! inspires kids

In Chantilly, northeast of Paris, I had the opportunity to attend a Montessori pre-school housed on the top floor of a seniors' complex. Whenever they entered the building or visited the outdoor playground, the children mingled with the elders and, naturally, they all came to know each other by name and became friends. The seniors often had abundant time to talk with the youngsters, more so than the kids' hard-working parents.

This July in Surrey, with funding from New Horizons, a Kinsmen project will launch that captures a similar, complementary energy. EatGoGrow! (www.eatgo-grow.com) is a visionary blend of elders, youngsters, fitness and fun in the kitchen. (Location: near Surrey Memorial Hospital.) Sixty children (15 per week) will exercise in the morning in the company of elders, half of whom are in wheelchairs.

Claudia Lemay is the project dietitian and the food prepared will be a blend of creativity and recipes. Children will learn that, in cooking pasta, a recipe helps

**EatGoGrow! is a visionary blend of elders,
youngsters, fitness and fun in the kitchen.**

in knowing how much water to put in the pot to boil and how long to cook the pasta. But when it comes to making the pasta sauce, they might use a recipe or, alternatively, be innovative. In day-to-day life, we often must create meals based on what we have on-hand. Being restricted to a particular recipe can be limiting, requiring a special trip to the grocery store.

During the camp, the children will also learn basic nutrition information with the help of an elf called Stargold the Food Fairy. The story below is soon to be a book by Claudia Lemay:

Lucy didn't always appreciate the healthy meals her parents took care to provide. One day, when Lucy threw a tantrum over the planned dinner menu, her mother asked her to go to her room to calm down. While Lucy was there, Stargold appeared with an invitation to travel together to the magical Elve's Land. In Elve's Land, Lucy discovered elves that were building something far more precious than houses. The elves were constructing our bodies! Lucy learned that various foods act as different building materials. Calcium-rich foods supply the structure or framework, protein the bricks, while vitamins and minerals can act as tools.

At EatGoGrow, people young and old will enjoy cooking – beyond following recipes – but typically, it helps to rely on a few 'essentials.' For example, in making vegetable soup, some kind of broth is needed. It helps to start with one fried onion. Broth and onion could be seen as 'essentials' of vegetable soup. Children will learn essentials that enable them to prepare food – or help parents – instead of relying solely on store-bought convenience foods.

Then there are 'non-essentials.' What would we like to put in our soup? What do we want for dinner? What is in the refrigerator or the community garden patch? Tomatoes? How about tomato soup! Broccoli? Let's make broccoli soup! We have mustard? Hmm, maybe we can't use everything just because it is in the fridge! Some 'no-recipe' recipes to be explored include soup, bean salad, stir-fries, sandwiches (including grilled cheese), basic spaghetti sauce, vinaigrette, salads, smoothies and muffins.

To apply, please email eatgogrow@gmail.com or call 604-588-0455. (For kids 8-12-years-old.) Fee \$50/week. Volunteers are also welcome. 

Vesanto Melina is a BC dietitian and author. **Claudia Lemay** is a dietitian at Kinsmen Lodge in Surrey; she has fun teaching nutrition and cooking to children and has a passion for working with elders.

Tune into your inner guru

by Yogacharini Maitreyi



way of being). He can also move towards *vikriti* (imbalances and even perversion). Man thus has the capacity for both great good and great degeneration.

His past conditioning binds him yet the element of consciousness is the spark that allows him to shift those patterns that are unhealthy. The spiritual path is essentially about making conscious choices so there can be harmony. The word guru means dispeller of darkness and in the outer world, the better the light, the better one sees. However, in spiritual life, or the inner world, the more one sees, the more light one creates and exudes.

In the Indian system, surrendering to the guru is very ingrained. That is a very beautiful concept and has many

nuances, however, most surrender to anyone who has the gall to call themselves god. Then they get attached. And just like in the Stockholm syndrome, they even protect and fall in love with the abuser.

Soham, which means “I am the origin,” is a reality where the divine potential is within all of us. Yet there is a difference between realizing that potential and the mega-

lomania backed by a big publicity machine. Bhagvan or God is a title some god-men give themselves. Despite the fact they may have reached intellectual heights and even tuned into other dimensions, alarm bells need to go off when you see someone selling you enlightenment. In the west, I don’t see many gurus calling themselves gods, but spiritual authors proclaiming themselves to be enlightened is quite common and the trend.

One needs to become a well-informed and conscious consumer when one is on the path to buying enlightenment. Start by looking at different programs that help you get a better understanding of yourself first. It is good to enrol in a training program that helps you manage yourself better and which provides discipline while at the same time helping you loosen up and enjoy life. This balanced approach is what yoga encourages.

Discipline is the first step in the practice. However, that is very unglamorous so many go running after the elusive dream of instant gratification. Once you take responsibility for yourself, you will automatically become a conscious consumer and consume less. If you are in the spiritual marketplace, keep an eye out for the following: look for a program that is gentle and advocates a step-by-step approach rather than professing to offer a one-day miracle; one that makes you understand the principles behind the science and which first asks you to develop *continued p. 12...*

images © Vladmax

The journey of yoga is to return to one’s own centre. One may have many guides on the way, but ultimately one has to make choices that keep one moving in that direction. That is why man is said to have free will. He has the capacity to move from *prakriti* (a natural state) towards *sanskriti* (a cultured and refined



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...Yoga from p.11

and hone the mind before you go beyond it or drop it. Discernment is important.

An *ashram* is not an escape from your responsibilities; it helps you deal with them better. So look for such an *ashram*. See if the atmosphere is relaxed rather than it being a cult in which you have to please people. Find an *acharya* (behavioural trainer) you feel connected to and be willing to get feedback. Each trainer puts a value on their time so respect that. Find a program that is holistic and fits your budget. Don't get into debt trying to become enlightened. Be mindful of money yet not money minded. Once you find the program, be willing to commit and work on yourself.

Practise, practise, practise

If one wants to regulate one's system and find one's truth, there is no substitute for practice. Practise mindfulness and a grounded, harmonious lifestyle that encourages the sublimation of destructive emotions. Practise tools like *asanas*, *pranayamas* and *mantras*. Most importantly, practise being present and accepting life as a present. In the spiritual life, one practises because one enjoys it or one learns to enjoy the practice. Fine-tuning oneself becomes joyous. This is a necessary foundation for any spiritual activity.

Practise self-observation

When one practises, one starts observing many layers in oneself. One is not afraid to see one's emotions and motivations. However, one sees oneself with love and is not judging or condemning oneself or getting stuck with what one sees. This frees up a space to shift to better ways of being.

In the *Niyamas*, which is the second *anga* or limb of the *ashtanga yoga* system, one of the practices listed is *Swadhyaya*, which is sometimes translated as the study of the scriptures, but is essentially the study of oneself. It is not narcissistic, but we see our patterns and can free ourselves. The more one cultivates this practice of witnessing oneself, automatically one will see others and relationships as well with better clarity. One will become one's own self-help guru with practice.

Practise discernment

The herd mentality is very common so take the time to feel what your intuition is telling you. As a child, I often learned that grownups need not always be right. I observed that many did not want to admit they did not know and would rather give the most popular answer.

Practise standing up for yourself and what is right

Spirituality is not for the spineless. One needs to cultivate a sense of standing up for what is right without becoming a fanatic. This practice of being self-expressed, yet non-aggressive, can be cultivated. We will look at an *asana* that will help develop a strong and flexible vertebral column and back.

Vakrasana

The *vakrasana* is an *asana* practice that is excellent for strengthen the back. *Vakra* means twist. We wring a piece of cloth or twist it to get the water out. Similarly, by twisting, we release any toxins lodged in the system. This is a fabulous massage and detoxifier for internal organs like the liver and spleen as well. This twisting movement is excellent for strengthening the back muscles as well as releasing old tightness.

The technique

Here is a simple variation of the *vakrasana*. Sit comfortably with your legs outstretched. Bend your left knee. Bring your left arm on the inside of your left knee and hold onto your ankle or place the palm below your feet. Then bring your right arm behind your back on the ground and twist to your right. Use the right hand to straighten your back and don't lean on the hand. Also keep a nice open chest and straight back. Remember to breathe deeply as you hold the position. Use the breath as a solvent to dissolve old tightness. In the beginning, hold the position for 10-15 seconds then increase the time you hold it for. Now do the twist in the opposite direction. You can do the *asana* three times in the beginning. ◀

Yogacharini Maitreyi lives in Vancouver in the summers where she trains Arkaya yoga teachers and conducts multidimensional healing sessions.
maitreyi9@hotmail.com, www.arkaya.net

Is your sunscreen healthy?



enough UVA protection. Some contain hazardous chemicals such as the hormone disruptor oxybenzone or retinyl palmitate, a form of vitamin A linked to skin damage. Shoppers who use our guide can find sunscreens that are not only more effective but safer for themselves and their family.”

More than 30 products landed in EWG's 2015 Sunscreen Hall of Shame (www.ewg.org/2015sunscreens/hall-of-shame/) because of potentially toxic ingredients, inhalation risks from sprays and excessive SPF claims.

Neutrogena products raised an unusual number of flags in EWG's review because of the brand's egregious marketing. It markets itself as the “#1 dermatologist recommended suncare brand.” Yet EWG has given most of the Neutrogena's products it analyzed a failing grade.

“It is really quite astonishing how Neutrogena attempts to deceive shoppers with ad hype in order to sell potentially harmful products,” said Sonya Lunder, EWG senior analyst. “We've turned a spotlight on bad actors like Neutrogena, but so much more needs to be done to stop companies from getting away with hyping their products at the expense of consumer health.”

According to the analysis, Neutrogena sells questionable “wet skin” aerosol sprays and products with SPF values as high as 110. That's more than double the maximum recommended value by the US Food and Drug Administration, which calls SPF values greater than 50+ “inherently misleading.” Canada, Europe, Japan and Australia do not allow ultra-high SPFs.

“Many studies have shown that people are misled by label claims about sun protection and that, as a result, those who use higher SPF sunscreens are more likely to stay out in the sun longer and more likely to burn,” Lunder added.

EWG found that Neutrogena's allegedly hypoallergenic “pure & free baby” sunscreen lotion actually contains a potent skin allergen.

Current law is so weak that manufacturers can add nearly any inactive ingredient to their products, even chemicals that, according to scientific studies, alter body hormones, cause skin damage or trigger allergic reactions.

Only 21% of the 1,000 sunscreens analyzed for EWG's guide scored high marks. The full list can be found at www.ewg.org/2015sunscreens/. Roughly 19% of moisturizers and 21% of lip balms scored well. EWG estimates that half of the products in this year's guide could not be sold in Europe because of the European Commission's stricter rules on SPF values and UVA protection.

Other products in EWG's Hall of Shame include Banana Boat, Coppertone and CVS.

Finding the right sunscreen is only half the battle. Limiting your sun exposure and wearing protective clothing are more important for preventing skin cancer and premature aging, the analysis says.

“Tragically, melanoma kills thousands of us each year,” said renowned pediatrician Harvey Karp. “And, young children are especially vulnerable to sun damage. Sunscreens are one option to prevent this deadly cancer threat. That's why I'm grateful to EWG for protecting American lives by demanding better regulations and safer sunscreens.”

EWG's 2015 guide includes important information on how to read product labels, identify potential hazards and avoid getting burned. Shoppers on the go can download EWG's Skin Deep mobile barcode scanning app to get ratings and safety information on sunscreens and other cosmetics products right at their fingertips.

Source: The Environmental Working Group (www.ewg.org). EWG is a non-profit, non-partisan organization dedicated to protecting human health and the environment. EWG's mission is to empower people to live healthier lives in a healthier environment. Through research and education, the organization drives consumer choice and civic action. ☒

photo © Haveseen

A whopping 80% of sun protection products analyzed by the Environmental Working Group (EWG) contain harmful ingredients or offer inadequate protection against dangerous ultraviolet radiation – or both, according to a new shopping guide released today by EWG.

EWG scrutinized 1,700 products, including sunscreens, SPF-rated moisturizers and lip balms, to compile this year's

A whopping 80% of sun protection products contain harmful ingredients or offer inadequate protection against dangerous ultraviolet radiation.

2015 Guide to Sunscreens. (See www.ewg.org/2015sunscreens/) The easy-to-use interactive tool highlights the best and worst products and offers a host of tips to help shoppers find better options.

“Our research confirms that not all sunscreens are created equal,” said Dave Andrews, senior scientist at EWG. “Many products do not provide

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David Sackett – health care revolutionary

Pioneer of evidence-based medicine

by Alan Cassels

Dr. Dave L. Sackett, considered the father of evidence-based medicine, was the first chair of the internationally acclaimed Cochrane Collaboration. He died on May 13 at age 80. In October of 2012, Alan Cassels visited Dave Sackett at his house at Irish Lake, outside of Markdale, Ontario, to interview him for an upcoming book on the Cochrane Collaboration. This story is based on an entire day spent with Dave Sackett discussing his life, his influences and how his irreverence helped overturn the medical establishment in the mid-1990s. Read McMaster University's tribute to him at http://fhs.mcmaster.ca/sackettsymposium/sackett_dave.html



If Dr. David Sackett had written his autobiography, I imagine he'd have fictionalized the innocents, the saints and the bastards and started his book like Melville did, substituting Ishmael with "Call me Dave."

That's how he greeted me, with classic unpretentiousness and a broad smile when we showed up at his Irish Lake home at the end of October, 2012. I had brought backup – a trusted co-conspirator and cameraman – and we proceeded to spend the whole day in the company of greatness.

Sackett carried his modesty well, despite being a big man in two senses of the word. Physically tall, barrel-chested and unnaturally straight-backed for a man nearly 80, he spoke in a commanding, measured and calm manner – the guy you want when chaos erupts. He's also a giant in the medical world, having ignited a revolution 25-years-ago,

promoting the need for data in decision-making, which ultimately became "evidence-based medicine," reshaping modern healthcare.

I can hear readers blurting out, "WTF? What was medicine before it was 'evidence-based?'" Hmm. Gulp. Sackett railed against several millennia of 'eminence-based' medicine, where the unchallenged opinion of the old generation trumped observations from rigorous scientific study. Sackett and his contemporaries changed everything, admitting ignorance and even asserting with a kind of brash humility, "We don't know all the answers so we want to use the best in science to find them."

Dave Sackett studied medicine in Chicago but he thanked the Vietnam War for making him an epidemiologist. He told me, "When Khrushchev put the missiles in Cuba and my entire generation was drafted, they put my end of the alphabet in the public health service and I was sent to a field epidemiology station in Buffalo, New York."

His fascination with epidemiology, a science that examines patterns, causes and the effects of health and disease to aid clinical thinking, earned him an invitation to head a new school of medicine in McMaster University in Hamilton, Ontario. His seeming irreverence was on full display when his interviewers asked which courses should be taught in epidemiology and biostatistics for medical students. "None," he responded, adding, "That unless it was integrated with clinical skills, pharmacology, diagnostics, therapeutics, it would be just as awful as it is every place else." He got the job and created the first clinical epidemiology department in North America, pioneering what is known as "problem-based learning" and creating one of Canada's top medical schools.

It is clear to most that Dave Sackett did not shy away from unpopular viewpoints. He told me his US upbringing during the tumultuous years of the civil rights movement made him question things, as he saw the language of discrimination in action. He was once skewered by an editorial in the prestigious UK medical journal, the Lancet, which

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titled an editorial with the same dismissive language of bigotry he saw in the US: Evidence-based medicine in its place.

Although that sentiment seems quaint 20 years later, doctors did not grasp the importance of epidemiology and biostatistics as they do today. Part of the problem was that the amount of health care research was growing so fast, no doctor had the time or skills to understand what worked and what didn't. Doctors needed reliable ways to stay up-to-date, giving rise to the science of "systematic review" – the mission of the Cochrane Collaboration that, to this day, is known for rigorous standards and its thorough "just-the-facts-ma'am" conclusions. Systematic reviews, especially of randomized trials that could be most trusted, were the key to preventing doctors from thinking they were helping patients when they weren't.

Dave Sackett chuckled when I asked him for an example of how he might have harmed patients without proper scientific proof. He remembered when a new generation of drugs to calm frequently fatal unstable heart rhythms (anti-arrhythmia drugs) after a heart attack arrived on the scene. Those drugs helped heart rhythms of patients with a 25% chance of dying within the year return to normal, and, as Dave Sackett explained, "almost everyone" was using these drugs thinking that if the drugs could eliminate errant heart arrhythmias, then they'll save lives.

Then science intruded on this pretty picture. "It wasn't until a few years later that a particular study called the CAST (Cardiac Arrhythmia Suppression Trial), randomized individuals to those drugs or identical placebos to determine the real effect of that intervention on them." The punchline? Sackett's calm measured voice continues, "That trial had to be stopped in an emergency when it was discovered that for every 20 patients we were treating with those drugs, we killed one." He added, "These drugs made the cardiogram look normal but killed the patients." The point he makes is stark: without a 'fair comparison' to placebo, which is what a randomized trial would deliver, physicians would never know if they were doing the right thing or not. The other 'take-away' point that Sackett always emphasized: doctors, like anyone, can be easily fooled. That's why you need good evidence and proof when you're making life and death decisions.

By the early 1990s, Sackett was recruited to Oxford to start the Centre for Evidence-Based Medicine and was anointed the first Chair of the Cochrane Collaboration's Steering Group at its first official meeting, known as the colloquium, in Oxford in the fall of 1993.

Dave thought it was very cool to be in Oxford and his colleagues, including Iain Chalmers and Muir Gray (now both knighted), seemed glad to have this new radical in their midst promoting evidence-based medicine. As Muir Gray describes it, "Nobody would come to a lecture in clinical epidemiology, but, you know, there were hundreds of people coming to lectures on evidence-based medicine. That was Sackett's job. I told him, 'You're Martin Luther, Dave; you're on the road now. You get out there and tell them what the future will be like.'"

Sackett's eccentricity and indifference to what people thought of him likely helped. "In many ways," he said, "it was advantageous to be seen as a Canadian because so little would be expected of a Canuck in terms of proper manners... they would simply see you as an amusing rustic." Sackett would show up as a keynote speaker clad in a leather motorcycle suit speaking to a packed theatre of British doctors. Given his rebellious look, the bug-eyed doctors may have imagined this crazy Canadian had just dismounted from his Harley chopper, unaware of his puny 90cc Honda parked outside.

I was curious what it was like as an American/Canadian out promoting evidence-based medicine in the UK when the hierarchical culture of medicine, probably epitomized by the Oxford elites, would have been resistant to the idea. Sackett perhaps downplays the efforts he made. He agreed there were many senior professors in Oxford, people like David Weatherall, John Bell and Muir Gray, who were very, very supportive. He laughed as he said, "And because they supported me, the sycophants and the others who wanted to please them would, in fact, be reasonably supportive. Other folks were just mad as hell and were highly resistant and frequently nasty." Sackett, the consummate teacher, got particularly riled when one form of resistance would be to attack his students for wanting to embrace the principles of evidence-based medicine. "Some of them would criticize the young people who were beginning to behave in this sort of fashion, in very nasty sorts of ways. So I threatened to throw

continued p.22...

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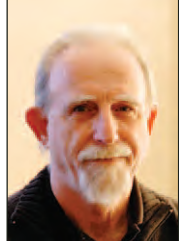
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StarWise

June 2015

LET'S TALK about Gemini and, of course, Gemini's love to talk. They seem to know a little bit about everything and a lot about a few things. They're jack-of-all-trades and master of three or four. Plus, they know everybody, as it is their game to connect and communicate. Their range is far and wide and it's quite surprising who they know and where they go. As one astrologer has said, "They are rarely the true cowboys, but they can play the part real well."

Gemini is a dual sign, ruled by the twins Castor and Pollux – one was very intellectual and the other was a pugilist – and they can talk you into anything and out of anything as well. Ruled by Mercury, they are born with the gift of the gab and they make wonderful sales representatives. Gemini is also known as the sign of the thief. They can shake your hand with one hand while their other hand is in your back pocket. Light on their feet, quick as can be, you will have to get up very early to get one over on these sharpies of the zodiac. It is more likely they will have you in checkmate already.

Being born into the last of the spring signs, they often have a very youthful appearance and are connected to all things beautiful. Generally, they are tallish and slim with a quick eye although they come in all shapes and sizes. The evolved Gemini are very idealistic, highly artistic and very creative in all they do. They're pleasant, light and airy and certainly make loyal friends and partners. The lower type Gemini, however, can be the carny barker and snake oil salesman that will not miss an opportunity to take you for a ride. Often they are amoral; if you don't catch them at it, they didn't do it. Hmm, maybe it was the other twin that did it.

Many teachers, writers, editors, journalists – and all other professions having to do with the written word – are Gemini's. Many years ago, a few of my friends were bringing a boat up the California coast and they shipwrecked. When they were rescued and taken to a small town by the local police, wouldn't you know it, to the utter astonishment of the others in the group, the Gemini in the group knew the hotel manager. If you have a Gemini child, fuel them with information, books and more books and stories as they thrive on all things intellectual. Highly imaginative, angelic and artistic, they need lots of stimulation as they can become easily bored.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



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**ARIES** Mar 21 - Apr 19

Seven out of the 10 planets are moving through the air and fire signs throughout most of the month. Aries is a fire sign and the fire and air signs work well together. Interpreted, it means you will have more success than not, less resistance and friction and more freedom to do your thing.

**TAURUS** Apr 20 - May 21

Saturn makes one more dip into your opposite sign Scorpio from June 16 to September 19, providing another opportunity to set things right and sort out what works and doesn't work. Saturn's energy is often sobering as he helps us get on track and get back to what is right and real.

**GEMINI** May 22 - Jun 20

Life heats up as the June new Moon and full Moon are accompanied by fiery Mars. Add retrograde Mercury opposite to Saturn and we have a planetary mix that spells out complications, delays, frays and myriad other dynamic scenarios for you to puzzle over. Excitement, action, movement, challenge and changes are in the wind.

**CANCER** Jun 21 - Jul 22

Your solar high begins on June 21 as the Sun enters Cancer and we experience the summer solstice. Three days later, Mars enters Cancer enhancing courage and bringing action. You're likely to be fired up about something. It's a good time to start a construction project such as building a home or any type of renovation.

**LEO** Jul 23 - Aug 22

Each sign has a special keyword and Leo's keywords are "I will." You have the willpower to do what you want, when you want and who would dare get in the Lion's way? Venus and Jupiter cast their blessings bringing love and creative energy. Make use of this very special time by doing something unique.

**VIRGO** Aug 23 - Sep 22

Everyone marvelled at the man that walked 1,000 miles. When asked how he did it, he replied, "One step at a time." Now it's time for you to build slowly, step by step. What you start in 2015 -16 will come to true fruition in 2030. Then everyone will ask, "How did you do that?"

**LIBRA** Sep 23 - Oct 22

The air and fire signs are favoured these days. Seven of the 10 planets cast fine energy into your sign most of the month. The chains and shackles of the past few years have fallen away and you can fly high little butterfly, fly high. Reach for the stars; you can almost touch them now.

**SCORPIO** Oct 23 - Nov 21

Be thankful for all that either comes your way or goes away at this time. We're here to finish up our give and take and make and break indebtedness that we've accumulated throughout countless lifetimes. You're getting out of debtor's prison soon and you may be thankful you have paid your dues in spades.

**SAGITTARIUS** Nov 22 - Dec 21

Intense and dynamic energy is on board and the air is crackling with excitement. You're at a crossroad of sorts and may be pondering just what to do. If a job has gone stale and you are feeling restless, it might be time to make some changes. The stars will assist if you don't resist.


**CAPRICORN** Dec 22 - Jan 19

Capricorn is old school and old guard and it is very hard to make changes easily. But change we must, by hook or by crook. Transformation is the key to survival now. Start with your health and work from there. Let the past fall away from your shoulders and welcome the future with open arms.

**AQUARIUS** Jan 20 - Feb 19

Cosmic energy is pouring into your sign; in turn, you can ride it and release it in the form of wisdom and knowledge. Follow your instincts, as they are stronger and clearer than ever. It is a time of awakening and a dawning of a new life and a new love, romantic or otherwise.

**PISCES** Feb 20 - Mar 20

You are at your best when you are in service to others in any way, shape or form. Now the stars are cooking up a plan in which you can be of service to those less fortunate than yourself. You also can win a battle, overcome your enemies and end up in fine position. 



The right time to leave a relationship

I work with many couples that are having relationship issues. I always tell them if they love each other and want to make it work, I will do everything in my power to not only resolve the issues, but also help them have a stronger, healthier relationship.

However, if one – or both – does not want the relationship or they are unable to resolve their differences, I do everything I can to help them separate with dignity, honouring what was good between them, ensuring the best interests of their children.

Sometimes, I see what I call “fatal flaws” also known as irreconcilable differences. Often, these are deep-seated aspects of one’s personality, which may not be obvious in

We likely do more research in deciding which car to buy than what kind of partner we want.

the honeymoon phase of the relationship. Dynamics between a couple can also change over time. Often, the seeds of future problems are there in the beginning. We likely do more research in deciding which car to buy than what kind of partner we want.

I suggest to my single and newly single clients that they make a list of all the qualities they desire in a partner and then decide which ones are absolutely must-haves. These include honesty, integrity, the ability to communicate and be emotionally connected, kindness, financial stability and a strong commitment.

I then ask them to make a list of deal-breakers such as substance abuse, dishonesty, anger issues, financial instability, gambling problems and physical or emotional abuse. If any of these are present, do not proceed in the relationship unless the individual is committed to and is practising recovery.


Insecurity, low self-esteem or fear of change can keep people in a relationship for far too long. Sometimes, one feels love for a partner who continues to treat them badly. Sadly, love is not enough so when is it time to move on?

If one is being physically or emotionally abused and the abuser will not seek counselling or is not taking obvious steps to stop the abuse, it is time. If abuse is directed toward children, it is time to get them away, protect them and create a stable, secure environment.

If addictive behaviours are having a negative impact on one’s partner and the children, it is not a healthy environment for anyone. If a partner is becoming increasingly depressed because of the other, taking medication to cope with that behaviour makes less sense than getting out of the situation. If a partner lies, cheats, is overly controlling, critical or demeaning, you are dishonouring yourself by staying in that situation.

Sometimes, clients tell me they are staying together for the children, but maintaining an unhealthy environment is more harmful for children than divorcing and moving on. The children must not be used as pawns and the parents must not trash the other in front of the children. Ultimately, if each parent finds happiness with a new partner, the children will be happier.

Insecurity leads some to think if they leave they may never find someone else and they do not want to be alone. Yes, it may be a risk, but if you stay, you deny yourself the possibility of ever finding true happiness.

If you feel overwhelmed and do not know where to start, seek counselling so you can be supported as you decide what you need to do. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, “Deep Powerful Change” hypnosis CDs and “Creating Effective Relationships” series, visit www.gwen.ca



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Citizen science a major revolution

One of this year's most popular Sundance Film Festival entries, *Tangerine*, was shot with an iPhone 5S and edited with an \$8 app called Filmic Pro. New technology has also made music easier to produce and distribute, inspiring independent musicians. Science, too, is now in the hands of citizens around the world. From the ocean depths to the outer reaches of distant galaxies and from projects run out of home garages to research platforms with over a million volunteer contributors, science has never been more accessible to the average person. Citizen science can link people to an established project or encourage those working on their own.

Citizen science has contributed billions of in-kind funding


— exceeding most government-funded studies.

We're on the cusp of a major revolution in the way we approach environmental science. In February, a water sample showed that the first trace amounts of ocean-borne radioactive contamination from the 2011 Fukushima nuclear disaster reached North American shores. The sample wasn't taken from an oceanographic vessel. It was collected in a 20-litre sample bottle from the public dock in Ucluelet, BC, by a class of Grade five and six girls participating in a Woods Hole Oceanographic Institution project that connects concerned citizens from North American communities around the Pacific shores.

Along with valuable scientific information, citizen scientists also provide significant economic support to science. A paper in the journal *Biological Conservation* estimates that citizen science has contributed billions of dollars of in-kind funding and even exceeded most government-funded studies over a larger area and longer time period.

Glen Dennison, an electronic technologist during the week and recreational diver and deep-sea researcher on his time off, offers an example of this new way to conduct science. He's been in BC's Howe Sound mapping sponge reefs nearly every weekend over the past five years, using his own underwater sonar mapping equipment and homemade sewer pipe cameras (cameras housed in a pipe that can be dropped up to 300 metres to the seafloor). Were the government to undertake this work, it could cost thousands of dollars a day for vessel time and salaries. With assistance from his daughter and a grad student, Dennison has contributed more than \$100,000 of his own time and resources to this project. Government researchers have used his maps to better manage sensitive marine ecosystems.

Citizen science is growing in leaps and bounds. For the first time in NatureWatch's 15-year history, people can use phones or tablets to record, submit and view data. Just as people who learn first aid are not substitutes for paramedics and doctors, citizen science should never be a justification for cutting government science spending. Governments in countries like the US are funding citizen science programs to amplify the effectiveness of government science programs.

Many citizen science programs are based on the simple notion that more eyes lead to better findings. Whether taking pictures of frogs, recording the state of the ice on a local pond or viewing underwater footage taken from the sea floor, citizen science is making a great contribution to Canada's scientific knowledge. We're just beginning to realize the full potential of using technology to connect curiosity and concern for the planet with meaningful scientific pursuits. 

Written with contributions from David Suzuki Foundation senior research scientist Scott Wallace. Learn more at www.davidsuzuki.org

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...Cassels from p.15

one of them down the stairs for the fashion in which he was treating some of the young people," Sackett said.

Like any uprising, there are often huge amounts of energy from the younger generation and that was the case when evidence started to challenge the hierarchical system. Having young medical students or residents challenging their professors to "show us the evidence" would have taken a bit of courage, especially given the established nature of medical pyramids where no one has the temerity to question the experts at the top.

By all accounts, Sackett could be gentle in his approach and I suspect he enjoyed the mildly subversive way of involving students in the revolution. He said, "We were beginning to equip young people with tools that they could use to challenge the professors, not in a nasty or flippant sort of way, but they could very respectfully request from their seniors, if a professor was making some authoritarian statement... 'Gee, I would like to learn more about that. Could you point me to the article that would justify this position?'"

Sackett continued, "The students would say, 'Well, professor, I found this particular article that seems to be at variance and contradict what you're saying. Could you take a look and help me understand what was going on?'"

This questioning paradigm is at the heart of evidence-

based medicine. As Dave Sackett said, Archie Cochrane and other questioners essentially created the field of clinical epidemiology and evidence-based medicine and it was "one in which it was necessary to question, to be iconoclastic."

He quotes something a friend back in Hamilton told him once: "Sacred cows make the best hamburger," adding, "There is a certain fun and thrill of being able to say that sort of thing. It meant that we had to struggle uphill and certainly our research frequently came under great criticism." It was the fact that he and his colleagues were demanding and producing solid, scientific research that was able to successfully challenge many medical myths.

This questioning of authority and demand for the evidence spread and Sackett and his colleagues were soon organizing workshops and teaching evidence-based medicine and critical appraisal, around the UK and later across Europe. "When we first went to Oxford, we thought it was probably gonna be about a 10-year struggle to get anything going at all. It got picked up so quickly by some of the key senior people, but also so quickly by the young folks, that within about four years, we'd accomplished what we thought would take a decade."

What also helped propel this rapid change at the time was the formation of the Cochrane Collaboration which

channeled a lot of enthusiasm and zeal for evidence into creating concrete systematic reviews of the literature that was done in an inclusive way and involve people with a diverse range of talents.

Dave Sackett was the chair of the Cochrane Collaboration for a mere two years. At the colloquium in Oslo in 1995, he said the founders of the Collaboration had such zeal they were essentially "building the plane as it was taxiing down the runway." He laughs when he recalls the urgency of the Collaboration's work: "We were getting going; we were flying by the seat of our pants." Although some were puzzled at Sackett letting others fly the plane so soon, he always maintained leaders should stay in place only for a limited time and then clear out so fresh blood and fresh ideas could take over. With classic humility, this giant of medicine assured me of his own irrelevance, emphasizing that the state of healthcare relies on collective action and right priorities, not the whims of leaders. Sackett told me what leaving the Collaboration meant for him: "It was time for the passengers to take over, because its success or failure is gonna depend on what the passengers do."

He couldn't have left us with a better sentiment. K

Alan Cassels is a drug policy researcher at UVic.

Day six: the divine operating system

On the late afternoon of the sixth day of Creation, God created consumer electronics. “Hey, you two,” Jehovah yelled down to Adam and Eve, who were putting around in the Garden of Eden. “I have fashioned some gizmos of Exceeding Awesomeness for thee!”

The Creator’s giant hand descended from above and pointed to a workstation with an ergonomic chair. A beige CRT monitor sat on the tabletop, hooked up to a hard drive and peripheral devices with a confusion of cables and adapters below. (For the occasion, the magnanimous deity had created an Edenic hydroelectric grid).

“What’s this?” asked Eve. Although she didn’t understand what she was looking at, she somehow knew Adam would be using it constantly.

“I call it the ‘personal computer,’” Jehovah said proudly, indicating the power button. “I say unto thee, press here!”

Adam sat down and pressed the button, and with a ping the computer made a whirring noise. “What’s happening now?” he asked after a minute or two.

“It’s booting up,” the Lord replied, in a vaguely annoyed voice.

“Booting what?” Eve asked.

“Just wait,” God replied in slight irritation, while tapping his immense fingers on a distant mountaintop. An icon appeared on the screen and then a login window.

“You’ll need a password to get into your operating system. I suggest a minimum of six Hebrew characters, and at least two numbers,” He added.

“Huh?” Adam and Eve said in unison.

“Satan on a pogo stick!” the vexed Creator boomed. “Snake! Get over here! Show these two how to use the friggin’ computer!”

A serpent with scaly, lime-green skin slithered into view. He smiled at the couple with narrowed eyes, and explained how to use the mouse to point the cursor and click on icons. Then he moved on to creating, saving and trashing files. After several minutes of instruction, a sound like a Pterodactyl squawk echoed throughout The Garden of Eden.

“What’s that!?” asked Eve, alarmed.

“Sssssound from the dial-up modem,” the serpent hissed. “We’re on 56k here. Now I will show you how to sssurf the web.”

The screen slowly loaded with flashing text and animated gifs. “It’s a bit of an eyesore right now,” God said sheepishly as the serpent used his tail to scroll down on www.paradise.com. “I’m working with html1 and kind of went crazy with the fonts.”

Suddenly, the screen froze and went blue.

“Oh, for fuck’s sake,” God exclaimed. “Windows again. This will never work. Let me give it a rethink.”

The computer, monitor and modem disappeared, and Jehovah retreated behind a cumulous cloud. The heavens rumbled with his muttering. Then in a flash of light, two tablets appeared on the table.

“Whoops, wrong kind of tablet. Ten Commandments

are for later,” God said as the stone objects winked out of existence. In their place appeared a single, slim rectangular object that appeared to be made of burnished metal and obsidian. And God saw that it was Good. As Eve made a grab for the tablet, the serpent was delighted to see it bore an apple insignia.



“Okay, this is way better. You can be dumb as a sack of rocks and use this thing,” God said proudly. Push this button and you’re off.”

Adam peered over Eve’s shoulder as the object instantly came to life.

“Now presss here,” the serpent said, indicating the camera icon. Eve saw herself onscreen and something stirred inside her, a secret knowledge of dark things to come. She smiled and clicked. “Congratulationsss,” the serpent oozed with sibilant condescension, “you have jussst taken the firrsst sselfie.”

“Oh my God,” said Eve, pressing the tablet into Adam’s chest in disgust. “Do I really have bags under my eyes?”

“It’s just the light from the firmament,” Adam wisely replied. “But what is the purpose of thy sacred tablet, Lord? Will our progeny use it to find truth, pursue justice, and worship thee?”

“Tell ‘em, snake.”

“It is for watching catsss,” the serpent announced with barely-concealed disgust.

“Catsss?” Adam questioned, an eyebrow raised.

“Catsss and kittens. See the lion on that hill over there? Eventually, you will domesssticate him and shrink his kind down to the sssize of a loaf of unleavened bread. And you will render the creature in a sssickening thicket of images and moving pictures. You will be sstewards of the Earth, but YouTube housecatsss will have dominion over you.”

“Snake is being a bit cynical,” said Jehovah, interrupting. “A sparrow cannot fall to the ground without Me seeing it, but that’s not really worth seeing. However, a

tabby hung up on an overhead fan, spinning around and around... now *that’s* worth a look. I’m a total cat freak and thine offspring will be too, in the fullness of time. They’re furry, futuristic, and funtastic.”

“Forgive me, Lord,” said Adam, his brow knitted in confusion. “I can imagine so many great uses for this

tablet; to cultivate understanding among our ancestors, access far-off places, and probe the mysteries of this vast universe You have created. Are You telling me that people will use this to view ‘catsss’ and take ‘selfies?’”

“Primarily,” God said. “Along with a little something called porn. I gave thee free will, and I can foresee how you and your kind are going to use it. Actually, the uses of this gizmo are manifold, from first-

person shooter games to ‘tweeting’ thy meals. Once the chosen ones get ‘the Cloud’ they’ll never look back.”

Eve was sceptical – and also slightly miffed at the “made-in-His-image” bromance Jehovah and Adam had going on. The Lord mentioned meals, and if the tablet’s uses were so “manifold,” it should be like everything else in the Garden: edible. She bit hard on a corner of the Apple device.

“Eww, gross!” she said, spitting out a fragment of glass.

There was a long silence. Adam had a sense that the entire firmament had just shifted incrementally, but sickeningly, in the wrong direction.

“*Seriously?*” Jehovah boomed. “The greatest thing I ever friggin’ created, that offers the knowledge of good and evil lolcats, and you try to *eat it*!” The wrathful deity reached down and grabbed the tablet from Eve, drawing it back into the clouds. “Holy Shit, you damaged the screen! You are both *so out of here*!”

Eve’s bulimia had just bought them two tickets out of Paradise, Adam thought as his partner began to sob. The ‘first man’ was having misgivings about a missing rib when a winged figure with a flaming sword flew down to the couple’s side.

“Hi, I’m Mike. I’m here to lead you both out of Paradise,” the Archangel said. “Please collect your personal belongings into this box and leave the tablet with me. Your fig leaves, too.”

The serpent smiled in silent victory. His work done, he slithered off; unfortunately right into the jaws of a lion lurking behind a large fern. Verily, there was a new sheriff in town. ■

www.geoffolson.com

Will Harper's war sway Canadian voters?

Alberta's dramatic political transformation is energizing the campaign to rid Canada of Stephen Harper's reign. The imperative to defeat the Harper government in the October federal election requires that we pragmatically identify, illuminate and deconstruct the PM's core campaign strategy.

Harper is presenting himself to the electorate as a wartime prime minister seeking re-election in a time of national emergency. Modelling his campaign on former US President George W. Bush's successful re-

points away from a much more substantial political issue, namely the very existence of Canadian military bases in the Middle East. The photo op took place in and around Camp Patrice Vincent. The base was given this name last November at the same time the Harper government christened Patrol Base Nathan Cirillo in Iraq.

Camp Vincent and Patrol Base Cirillo entered Canada's military lexicon just days after their namesakes' lives had been taken, we were told, by zealous Muslim jihadists bent on destroying Canada's freedoms. Conveniently for Harper, the "recent Muslim converts" said to have killed Warrant Officer Patrice Vincent and Corporal Nathan Cirillo are not around to tell their side of the story. The rushing into place of the two new military bases to fight the non-state entity dubbed the "Islamic State" was part of a flurry of activity to prepare the ground for Prime Minister Harper's re-election campaign of 2015. The passage of Bill C-51 forms another facet of Harper's re-election bid.

Unfortunately, Justin Trudeau's federal Liberals succumbed to Harper's Canadian variation on Bush's post-9/11

ultimatum: "Either you are with us or you are with the terrorists." Will Harper succeed in making his version of this cynical ploy the federal ballot box question of 2015? Will voters take the bait of a false dichotomy as the PM implicitly declares, 'Either you're with the Harper Conservatives or you're with the jihadist killers of Nathan Cirillo and Warrant Officer Patrice Vincent.'

So far, the primary money shot of the photo op is the image of Stephen Harper addressing an assembly of soldiers in front of a large Canadian flag and two CF-18s. We will probably be seeing more of the images captured in early May, likely with the soldiers' faces blurred out, as the election approaches.

NDP Deputy Leader Megan Leslie seemed pointed in the right direction when she declared in Parliament, "It's starting to look more and more like the prime minister's entire trip is more about his election brochure and his election videos than it is about the soldiers."

The importance of the event is signalled by the fact that Defence Minister Jason Kenney and Chief of the Defence Staff, General Thomas Lawson, were also part of the photo op. The other side of the Top Brass' attentiveness to Harper's war in the Middle East is its concurrent disregard for the substance of a new report on the plague of predatory interaction within the military to the tune of about five sexual assaults per day. This narrative of rampant sexual violence within Canada's military – one that invokes memories of 2010 and the serial killings and rapes committed by Col. William Russell – is definitely discordant with

Harper's dominant campaign platform.

The *National Post* ran a caption beneath the campaign photo quoting Harper's Camp Vincent speech. He told the overwhelmingly male group, "You stand on guard between the civilization we enjoy and the savagery that seeks to come to our shores." We can expect to hear and see more variations of this campaign phrase as the election draws nearer.

The reference to civilization's imperative to ascent over savagery is a very old justification for Indian wars and other episodes of imperial conquest aimed at grabbing land and resources from Indigenous peoples. The phrase appears prominently in Harper's video published by the PMO's publicly-funded propaganda venue, 24/Seven.

The three-minute video, entitled *Canada Stands Strong and Free*, is by far the most radical war propaganda film made in Canada since 1945. It highlights images of Harper juxtaposed with those of the domestic and international operations of the Canadian Armed

The imperative of defeating the Harper government in the federal election this October requires that we pragmatically identify, illuminate and deconstruct the PM's core campaign.

Forces around the world. A provocation to inflamed Islamophobia, the video essentially brands the War Cenotaph in Ottawa as an election symbol for the Conservative Party of Canada.

The voiceover soundtrack has Harper referring to the Islamic "jihadists" whose "terrorist organizations" hope to bring "their savagery to our shores." Flash forward to the PM's more recent speech at Camp Patrice Vincent. In it, Harper essentially vows not to deviate from his mission to defeat in the battlefield or at the ballot box those who would "despoil our home and native land."

This particular choice of words is very perilous for a Prime Minister whose opposition to Idle No More could already hold the seed of Harper No More. **K**

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Anthony Hall is professor of Globalization Studies at the University of Lethbridge. He has written for the **Globe and Mail**, the **Toronto Star**, **Canadian Dimension** and many other periodicals. His most recent books are **Earth Into Property: Colonization, Decolonization and Capitalism** and **The American Empire and the Fourth World**.



photomontage by Tom Voydh

election bid in 2004, Harper is running as a Commander in Chief leading the assault on a trumped-up enemy.

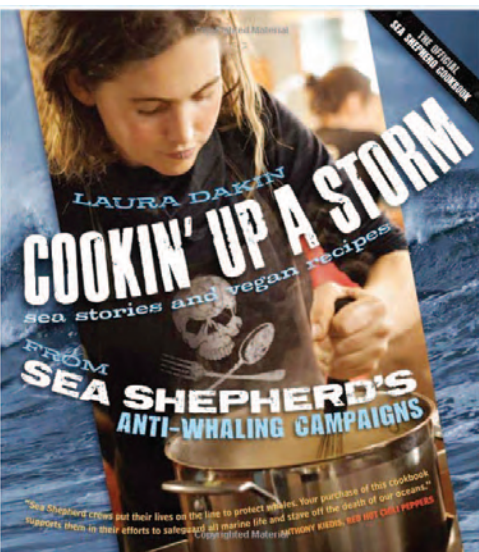
A close focus on Harper's recent photo op at Canada's new military bases in Iraq and Kuwait helps clarify what we can expect from his campaign team. The core propaganda venue in the prime minister's arsenal of psychological warfare is a tax-payer-funded promotional website called 24/Seven. (www.stephenharper.ca/24seven)

In early May, 24/Seven's webmasters hosted and then took down videos showing Harper conferring in the battle zone of Iraq and Kuwait with members of Canada's Joint Task Force 2. JTF-2 is a special forces unit assigned to carry out some of the Army's most secretive missions. JTF-2 took over some of the functions formerly performed by the Airborne Regiment. The Airborne disbanded in 1995 under a cloud of infamy generated by a number of converging scandals, including the military's cover-up of its soldiers' murder and torture of a Somali civilian.

Military consultant David Hyde has described the PMO's public posting of these military videos in early May as "an egregious security breach." Certainly, the publication of the faces of Canada's special forces operatives violated the very explicit prohibitions outlined to the photographers that accompanied Harper and his entourage to the Middle East.

Mainstream media and the opposition parties showed attention on the PMO's own security breach prompting 24/Seven's webmasters to remove the offending videos from the Internet. This emphasis on exposing the supposedly secret identity of JTF-2 members, however,

Read local, act global



World class – a phrase that’s found its way back into Greater Vancouver’s vocabulary lately, as in “world class” spill response or mass transit. Happily, there’s no doubt we’re tip-top in other areas, including three recent books with strong regional ties: John Vaillant’s *The Jaguar’s Children*; Johann Hari’s *Chasing the Scream: The First and Last Days of the War on Drugs*; and Laura Dakin’s *Cookin’ Up a Storm: Sea Stories and Vegan Recipes from Sea Shepherd’s Anti-Whaling Campaigns*.

Three books with very different themes – each one timely, illuminating some all-important topics. Written to make a difference and jam-packed with memorable characters. Classy and worthwhile reading.

Let’s start at the end. Even if the official Sea Shepherd cookbook weren’t fully rigged with 80 favourite, hearty, rigorously tested dishes, photographs and first hand accounts, purchasing it will help stem the silent collapse of ocean ecosystems. Join hundreds of thousands of supporters from 36 countries to help finance aggressive, effective, relentless direct action to halt the slaughter of endangered and threatened marine wildlife. You’ll also help stop bottom trawling – the equivalent of clear-cutting –which involves tossing what’s unwanted or dead back or grinding it up for cheap animal protein.

All vegan – and rightly so – *Cookin’ Up a Storm* will cast you off on navigating a new, necessary course of eating to save the planet. First, a few shockers from Sea Shepherd Conservation Society (1977) founder, Captain Paul Watson:

40% of the catch taken from the sea is fed to livestock, pets and farm-raised fish. Pigs eat more fish than sharks; chickens consume more seafood than puffins and cats, even more than seals. In fact, domestic cats top the list of hogs of the sea and eating bacon buggers up biodiversity and the ocean’s food chain.

Watson, the son of a chef, contributes such fare as Captain’s Habitat Split Pea Soup, Favourite Carrot Cake and the Antarctic Tropical Canadian Delight. But Dakin is in the wheelhouse here.

“I was sick of feeling helpless about the alarming depletion of our oceans and signed on to the Sea Shepherd crew, in 2005, in Bermuda, at age 21,” recalls the former private chef for the Red Hot Chili Peppers, who has studied and worked at restaurants around the world.

Keep in mind Dakin stores food for a ravenous crew of 50, for hundreds of days, offshore, 24-7, in the killing grounds of barbarous death ships. Galley conditions sometimes resemble a roller coaster or dicing an onion inside a clothes dryer. A genius at what she calls “veganizing,” she serves up delectable Signature Sea Shepherd’s Pie, tofu sausages, Tandoori potatoes, Can’t Beet It Chutney, fish-free cakes, fresh bread and to die-for-desserts.

Hello, folks; you know you need this book.

Vancouver-based, bestselling, award winning author John Vaillant (*The Golden Spruce*, *The Tiger*) has given us what most readers long for: an engrossing page-turner that turns everything else off. It’s head-shaking story-telling you can’t put down and can’t wait to finish while wishing it would go on.

His debut novel – *The Jaguar’s Children* (now in paperback) – more than justifies the international acclaim for his narrative power. Set on both sides of the US-Mexico border, it’s based on a true story and heart-breaking emails found on a phone inside a sealed, empty water truck in which a group of illegal migrants died of thirst and starvation.

Evil is ubiquitous and tangled, actively predatory on both sides of the great divide between Mexico and El Norte; in the unscrupulous actions of the “coyotes,” hired to facilitate the dangerous escape. And attention *Common Ground* readers: in the terror of genetically modified food.

People and lands – of which Vaillant

has much respect and knowledge – are imperilled, as we all are, by genocidal, international agri-business. It’s scary, very scary and essential to know. The book includes fascinating glimpses of old Mexico and ancient myths, masterfully woven into the rapidly changing new, told through the power of impressive talent, truth, courage and hope. Global praise for *The Jaguar’s Children* is richly deserved.


Chasing the Scream, is the result of a three-and-a-half-year, 30,000-mile descent into the 100-year-old, tragically counterproductive, international “War on Drugs.”

Elton John opines, “Absolutely stunning, it will blow people away.” Noam Chomsky adds, “Wonderful, couldn’t put it down.” Glenn Greenwald reports, “The perfect antidote to one of the most under-discussed moral injustices.” And Russell Brand pipes up with, “As intoxicatingly thrilling as crack, without destroying your teeth. It will change the drug debate forever.”

Through riveting, superb journalism

and deeply human story-telling, Johann Hari cuts through the crap of what we think drugs are, what addiction is and the real reasons and motivation for the too-long, so-sorry, hopeless, so-called War. He shares compelling true stories of the likes of Billie Holiday, a transsexual Brooklyn dealer who was conceived when his crack-addicted mother was raped by an NYPD officer, and a prisoner kept at the bottom of a well for two years by a torturing dictatorship, who emerged to be elected President of Uruguay.

Central to the book are two brave, brilliant local citizens: Dr. Gabor Mate and SFU psychologist Bruce Alexander. Familiarity with their work and experience will change the way you think (hopefully) about drugs and our Downtown Eastside, forever, along with the rest of this remarkable book, which, as Elton promises, will blow you away!

Three books to pick up when you’re looking for a controversial, consequential keeper. World class. Really. 



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Events

JUNE 21 HAPPY FATHER'S DAY

For rates & placements email
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JUN 7

Find True Healing Under Illness & Pain: Free talk & book signing. Medical intuitive Alison Anton guides you to find your soul's call for love under your symptoms. Banyen Books, 11:30-1PM. www.banyen.com/events/anton

JUN 13 & JUN 28

Krishnamurti Vancouver Group @ Vancouver Public Library, Board Breakout Room. 350 W. Georgia St., 1:30-5PM. Free video showing & discussion! www.meetup.com/Krishnamurti-Vancouver-Group/

JUN 15 & JUL 16

Experience a free Shamanic Power Initiation at an Open House hosted by the Institute of Shamanic Medicine. In Vancouver, 7:30PM. RSVP at info@shamanicmedicine.ca www.shamanicmedicine.ca

JUN 17

What is the "Chinese Food Cure"? Discover how it works: Free talk, 7-8:30PM, Vancouver Public Library, 350 West Georgia St., Alma VanDusen and Peter Kaye Room. With Katelyn Chen, Dr. TCM, Instructor of ICTCMV, www.tcmcollege.com, info@tcmcollege.com

JUN 20

Organic Gardening Free Class: "Revitalize Your Soul" - 3PM, Meditation & Ecology Centre, 11011 Shell Road, Richmond. Call Linda: 604-985-5840.

JUN 20-21

Animal Wellbeing Course: Learn to give healing to animals and help to enhance an animal's quality of life. Accommodation available. www.selfrealizationcentrecanada.com, 604-740-0898.

JUN 28

A SoulCollage® afternoon of creative Jungian self-exploration art overlooking Crescent Beach, 3-6PM, \$40. Contact krisp07@hotmail.com for information.

JUN 28

Meditation for Spiritual Awareness - Free Workshop: 2PM, Meditation & Ecology Centre, 11011 Shell Road, Richmond. Call to register: Linda, 604-985-5840.

JUN 28 - MID OCT

Arkaya Yoga, Mindfulness and Healing Teacher Training: Four Sundays for first segment of program. Arkaya Healing Retreat 21st to 28th Aug. Complete Detoxification. Study with Yogacharini Maitreyi who is originally from India. Details at www.arkaya.net, maitreyi9@hotmail.com, 604-628-9409.

JUL 1-6

Tantra Yoga & Therapeutic Yoga Workshops: Safe, traditional & unique. In a beautiful setting, C-Dar Lodge, Paradise Valley, Squamish. Info: www.sacredartofunity.com

JUL 10-12

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

JUL 11 & 12

It's All About Ukulele Concert & Workshop: With world-renowned ukulele masters Kimo Hussey & Zanuck Lindsey from Hawaii. Concert Jul 11, 7PM, \$20, Evergreen Cultural Centre, Studio Theatre, 1205 Pinetree Way, Coquitlam. Workshop Jul 12, 2-4PM, \$20, Evergreen Cultural Centre, Rehearsal Hall. Tickets at http://wp.me/p4QvRR-dG

JUL 15

How Acupuncture and Chinese Medicine Work: Vancouver Public Library 350 W. Georgia St., Alma VanDusen and Peter Kaye Rooms with Shauna Mullinix, R.Ac., Qi Gong Practitioner, Instructor of ICTCMV, www.tcmcollege.com/info@tcmcollege.com

JUL 31-AUG 3

ArtsWells Festival of All Things Art: Expect the unexpected! - A 4-day outdoor & indoor event (camping available) in Wells and Barkerville, BC. Musical performances, workshops, kids activities, film, theatre, Artwalk, artisans & more. Tickets/Info: www.artswells.com.

AUG 9

Thunder Motorcycle Ride for Diabetes (Fundraiser): Meet 9AM at Barnes Harley Davidson, 8859 201 St. Langley. Ride from

Langley to Hope. \$20 registration. Food, fun, prizes. Email Andrea: ascarfo48@gmail.com, 778-874-4508.

AUG 16

Latin Summer Fest Vancouver: Free Admission, Cultural Family event, Trout Lake Park. Festival hotline: (604) 593-2448, www.latinsummerfest.com

AUG 19-23

Women Healing with Horses 5-Day Transformational Journey: Yoga, soul inspiring wisdom through partnering with horses, creative arts, Shamanic journeys. 604-807-2255. www.womenhealingwithhorses.com,

AUG 29-30

Become a Certified Life Coach or Executive Coach: This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. In Vancouver. 866-455-2155 or 403-389-1190. www.certifiedcoachesfederation.com

SEPT 18-30

Bhutan Fall Festivals: Handcrafted journeys to traditional cultures. On this trip, you'll attend 3 festivals & visit sacred sites, bazaars, villages. More journeys & info: www.originalworld.com, (888) 367-6147.

OCT 1-5

Energy Psychology Conference: Changing the Score the Body Keeps: The Power of Energy Psychology - Delta Victoria Pointe Resort and Spa. Featuring Bessel van der Kolk, MD. www.epccanada.ca

THURSDAYS

Free Info Sessions at the International College of Traditional Chinese Medicine, Thursdays 2-4PM (June 4, 11, 18 & 25). 201-1508 W. Broadway, 604-731-2926. www.tcmcollege.com

Free class, Parkinson's Support Group: 2nd & 4th Thursday each month, 1-2 PM, St. Mary's Anglican Church, 2490 W. 37th Ave. More info: Christina, www.mindfulmovementtherapy.ca, 604-649-8522.

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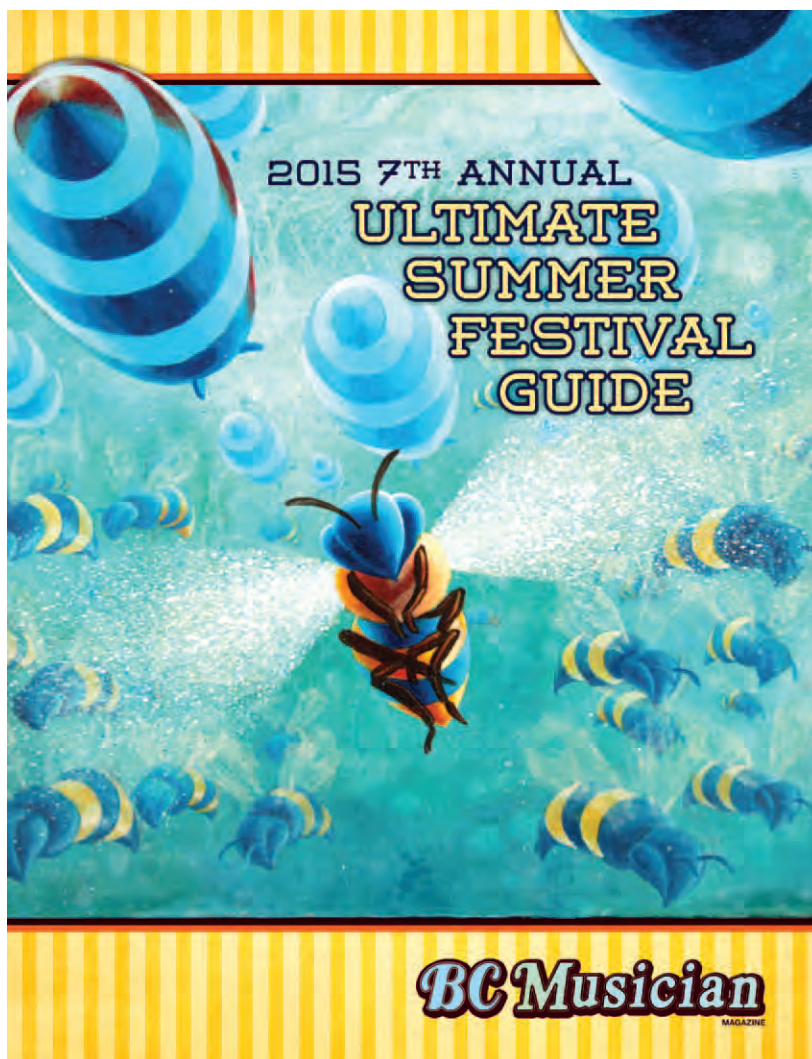
The ultimate musical summer

It's here. Let's get started; www.bcmusicianmag.com is your link to the 2015 *Ultimate Summer Festival Guide*. This amazing, free resource connects you to 348 music and arts festivals and events all over BC, with lots in Alberta and Washington and some in Manitoba, Yukon and NWT. You'll find street fests, art walks, concerts in parks, multi-venue five-day camp-outs, stages in barns, backyards and outdoor amphitheatres. Offerings include un-crowded to jam-packed and slick to impromptu.

It's searchable by date, festival name or region. You will find, for example – right here, right now – the next festival nearest you. And for musicians, as well as music fans, there are venues you can select and conduct your very own tour. The site also points you to a location where you can pick up a take-anywhere, flipable, functional hard-copy of the seventh edition, with a map in the middle.

The 2015 *Ultimate Summer Festival Guide* is a labour of love and work in progress from the folks at *BC Musician* magazine, self described as “a bunch of music lovers who also love the smell of ink on paper...” and who “play and work in the digital world and really appreciate the opportunity to sit back, unplug, kick back and get away from the screen from time to time.” Thinking there might be others out there like them, they ask the silly question, “Are you one?”

Leanne Nash is the publisher, Sarah Fahey the “editor/everything else.” Finishing her third year at the helm of the ambitious undertaking, Fahey says, “We are building the big picture; there is ebb and flow, a life and a death to the number of festivals each year. A number either die out or more likely morph into another creative project and each year brand new pups arrive. This guide encompasses new to seasoned 30 and 40-year-strong festivals.” Fahey notes some new trends and additions, including the growing number of multi-themed festivals, film and long-board festivals, record fairs and food fests, particularly for garlic and especially at harvest time.



Look for bees on the cover. And who doesn't love to see bees, humming their endangered way through all the bad news these days, never mind all the nectar on the inside pages? Take a tip from the honeybee, which can fly at a speed of 15 mph, and stay close to home.

Take a tip from the honeybee,
which can fly at a speed of 15
mph, and stay close to home.

Cover artwork by Milan Basic was inspired by a mural the artist created at ArtsWells 2014, which doubled as a sound buffer and amplified the acoustics on the outdoor stage at the end of the elementary school field. The ArtsWells Festival of All Things Art: Expect the Unexpected! in Wells, BC and nearby Barkerville (July 31-August 3) features 300 artists and performers on a dozen stages, music alongside visual art, theatre film, literary and interdisciplinary events-, lots of workshops and kid's activities. (See the lineup at

www.artswells.com)

The 1930s mining town and 1860s Gold Rush community are the actual festival sites and events are hosted in historic buildings as well as on the streets. Wells (Pop. 200-250) grows 10-fold for the four days.

“It started 10 years ago with a few people on lawn chairs,” recalls founder Julie Fowler, executive director of Island Mountain Arts, the year-round organization responsible for the event, reputed to be BC's largest and best new indie arts festival.

“We strive for diversity and feature emerging talent; it took a few years for the ticket audience to outnumber the artists. Nearby natural attractions and the residents themselves are part of the experience,” she adds, noting that many people, including artists, return to ArtsWells every year.


Over two decades, the Vancouver Island MusicFest (July 10-12) has grown into a major component of the culture and economy of the Comox Valley. Close proximity to an airport helps make appearances of the likes of Lyle Lovett and His Large Band, Buddy Guy, Steeleye Span and Graham Nash, possible. But it is more than 1,000 keen volunteers that keep folks coming back; there are crews responsible for ambiance and performer massages as well as increasingly important Green initiatives, healthy food and Kid's Zones.

The major role of festivals in building communities was recognized last month in BC's largest city when UBC conferred an honorary Doctor of Laws – *honoris causa* – on Gary Cristall, co-founder of the Vancouver Folk Music Festival (July 17-19) and artistic director for its first 17 years.

Stepping into the big Birkenstocks of the good doctor, since 2008, Linda Tanaka has put her stamp on one of the best festivals in the world by programming some of the world's best music, performed in constant orbit on myriad stages. In an interview with the VFMF artistic director, she put her finger on the pulse of festivals in our region, with just one word: “discovery.”

“After travelling to places such as Spain and Australia and talking to organizers, audiences and musicians for a year, I'm excited as we put final touches to workshops, to emphasize diversity and encourage spontaneity,” she reported.

One of the best features of the 2015 festival season is the rise of websites to provide pre-event background, right down to video. It's highly entertaining and informative to wander www.thefestival.bc.ca and discover what's in store at Jericho this year. While online, consider taking out a subscription to *BC Musician* magazine. “Your support would be huge for us. Really, really huge,” magazine contributors say. Same for festivals.

Discover more music – keep it alive and live. 

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*. brucemason@shaw.ca

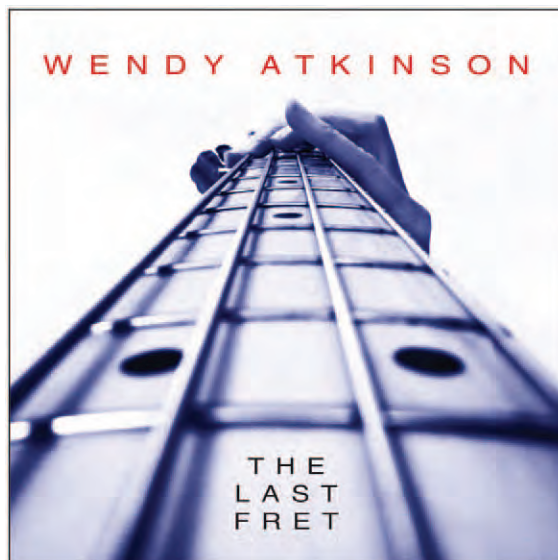
Wendy Atkinson digs deep

It's been said that what one considers to be "good" music is music that speaks to one's set of biases drawn from one's personal history and relationship with music and aesthetics, all of which shapes a response to – and an evaluation of – a specific work. The world of 'new' or 'experimental' music can be challenging – not only for composers and musicians, but also for the listener who must work towards actually *hearing* and not just *listening* to the music. There is much that tweaks and speaks to my particular set of biases when contemplating this third release by the multifaceted bassist/composer, Wendy Atkinson.

The Last Fret, currently making the rounds on the "airwaves," is a 15-track (in digital+CD format) album conceived, produced and executed by Atkinson with minimal reliance on digital signal processing. Her instrument of choice, whether electric or acoustic, provides solid ground for her multi-track bass-sound-sourced compositions. It is rather rare to so successfully place at "centre stage" an instrument usually relegated to a supporting role.

A skilled infusion of field recordings, found sound and spoken-word, together with electronic bow and toy piano experimentation, gives layered texture to her work. This instinctive artist appears to have delved deeply into the self to mine components for her unique collages of ambient soundscapes.

It is interesting to note that Atkinson's relationship with music is rooted in folk music dating back to early childhood days starring her ukulele-playing mother singing



the popular folk songs of the 1960s with her daughters. Memories of that era are recounted on *Ukulele Shock*, as is the shock-moment when Atkinson learned it was not her mother who wrote *Blowin' in the Wind*.

In the multi-track piece *Clips*, Atkinson devised bass loops as bed-tracks for her bass solo and also attached paper clips directly to the bass strings so as to transform her instrument into a prepared bass. Musically speaking, I found *Something Overheard* to be a wistful and engaging linear composition that embraces sounds emanating from a child's electronic toy keyboard, a found-treasure from a local thrift shop that also makes an appearance in *16 Hours of Daylight*.

Three compositions on the album feature guitarist David Lester, her frequent collaborator who also filmed the video of Atkinson's *Hebron Birds*. The subdued voice of the composer, contrasted with the vocal expressions of animated and spirited young girls, is embedded in such a way as to elegantly enhance the

tone of the bass-based composition.

The work is a thoughtful musing on the contradictions of life in occupied West Bank, a juxtaposition of a spontaneous experience of being surrounded by innocent, inquisitive children in a Hebron street that is just like the streets "where right-wing extremists throw rocks at Palestinian children on their way to school."

I look forward to the next project envisioned by the accomplished Ms. Atkinson.

Highly recommended. 

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- SCULPTING THE HUMAN HEAD July 4 - 7 with Ellie Scheepens
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- SPINNING YOUR OWN WOOL July 11 - 15 with Elizabeth Miller
- VEGETARIAN CUISINE July 13 - 17 with Martin Comtois
- ART THERAPY & DRU YOGA July 16 - 19 with Cindi Tomochko
- SONGWRITING July 28 - 31 with Stephen Fearing & Linda McRae
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- SING ABOUT IT July 28 - 30 with Melisa Devost
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INDEPENDENT MEDIA Meghan Sali

MEDIA

Internet future on the line

The Internet has revolutionized the way we interact with the world around us. It enables us to transcend our physical restrictions and travel the world and we can access and ingest research, art, culture and knowledge that, in the past, would have been stored in libraries and other physical archives, inaccessible to many.

Due to its interconnected nature, the Internet also allows us to contextualize all of these bits of knowledge in relation to each other; it is the only human invention with the capacity to store unfathomable volumes of data and the ability to call up any individual piece and look at it next to another in a fraction of a second.

But lobbyists for old media conglomerates have a plan to restrict where we travel online, by censoring links across the Internet. The new regulations envisioned by their scheme would restrict our right to link to content and services of our choosing. If these new censorship powers are put into place, it will fundamentally change the way we use the Web.

We're barrelling toward a key moment. The results of the series of votes on copyright policy initiated at the end of May by legislators in the European Parliament have the potential to usher in new link censorship schemes that will affect Internet users not just in Europe, but right across the globe.

Julia Reda MEP was assigned by the EU Parliament to produce a report on the issue of copyright reform for the modern age and she has put forward a positive roadmap to foster a more connected future. Sadly, other MEPs with backing from old media lobbyists have proposed amendments that contain dangerous link censorship powers.

If these new censorship powers are put into place, it will fundamentally change the way we use the Web.


Reda's report will soon be voted on by the entire Parliament and we'll have a chance to defeat these backwards proposals and send a message to those advancing them: hands off our Internet!

Reda's proposal basically calls for the EU to support the right to link, noting that linking is a "fundamental building block of the Internet." Yet extreme amendments from pro-censorship MEPs have turned Reda's initiative on its head by mandating that websites monitor user activity, filter content and even verify and "moderate" free expression. What's worse, these proposals envision new restrictions on our right to link as a way for old media publishers to protect their outdated business model.

With these link censorship rules in place, websites, blogs and online services would need to spy on their readers, unilaterally assess the legality of expression and censor content, all at the behest of some of today's legacy media giants. This runs completely counter to free expression and access to knowledge.

And because the Internet we know and love is interconnected – an ecosystem – the actions taken in one corner of the net can't help but affect what happens elsewhere. You might not live in Europe, but some of your favourite websites and services do. And when those services are affected by these backwards proposals, you will be too.

That's why it's so important that digital rights activists stand up for the principles that govern the Internet as a whole and not just when the debate is happening in their backyard.

With the revolutionary technology we have on offer, the whole Internet is your backyard. And unless you want that to change, we're going to have to speak out now to Save the Link. Find out more at www.savethelink.net 

Meghan Sali is OpenMedia's lead campaigner on free expression issues.

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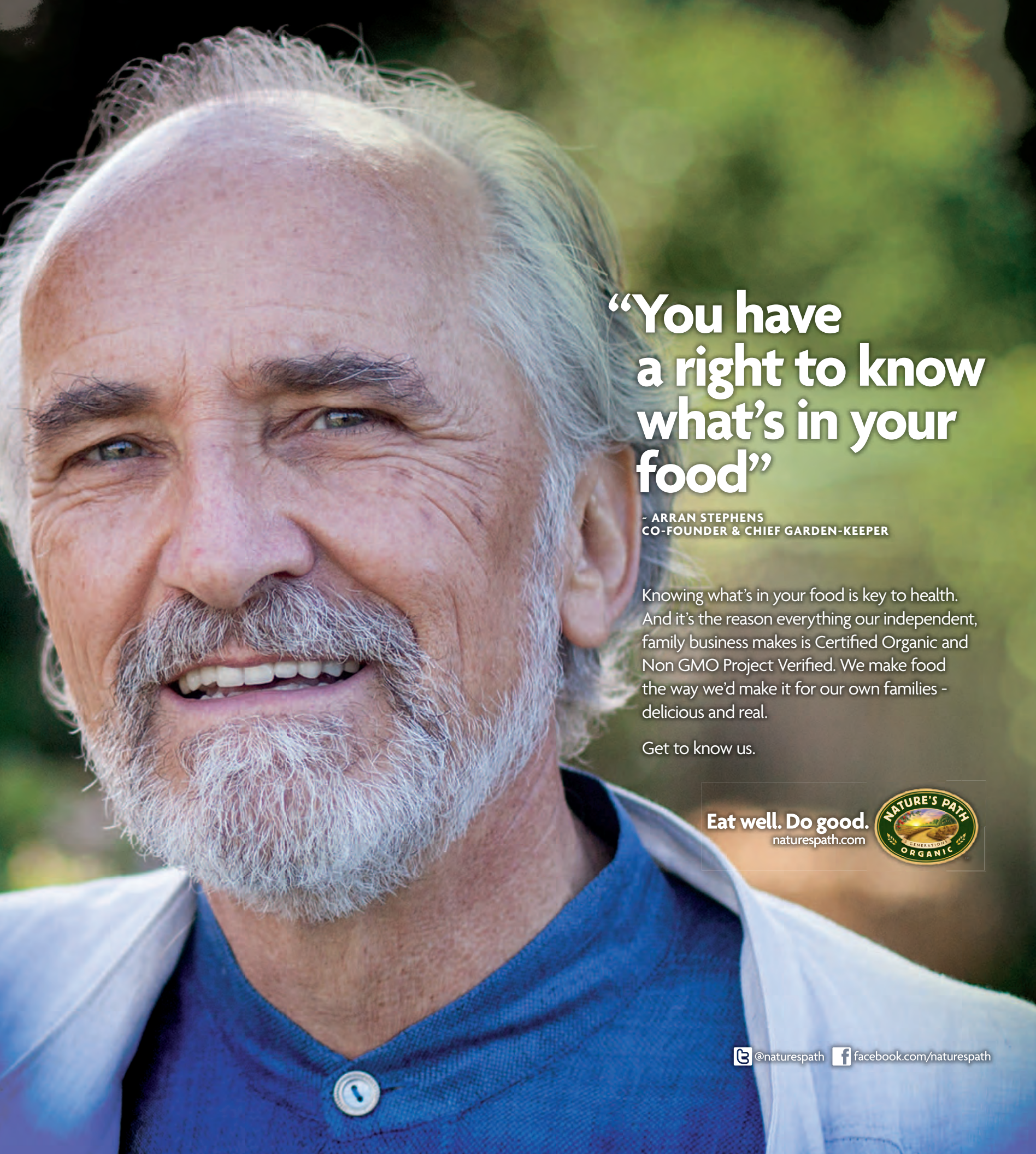
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